

REST EASY HYPNOTHERAPY



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Rest Easy Hypnotherapy

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Australian Hypnotherapists Association (AHA PM2020019)

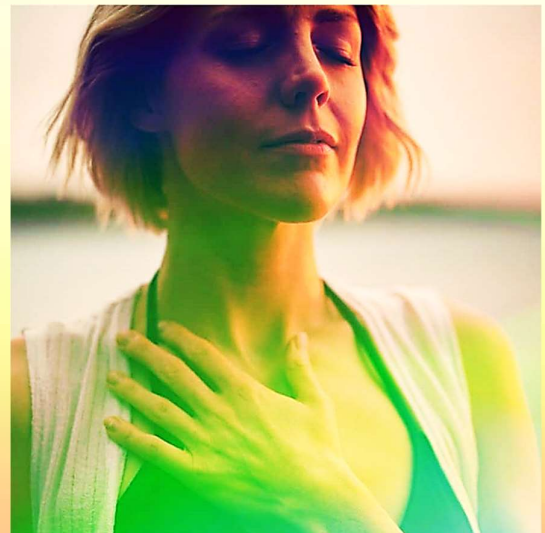
Australian Society of Clinical Hypnotherapists (ASCH) 1935V

Cultivating & Rediscovering Feminine Essence

As women, our **feminine essence** is at the core of who we are.

The modern world has allowed most women to have it all, but in order to have it all, women often feel they must DO it all.

Part of the reason for this is that in our **society** there has been a lot of value on **achievement, direction, clarity, leadership** and other **masculine qualities**. This often causes many women to feel **stressed, anxious, overwhelmed, frustrated, angry and resentful**.



There is a lot of talk about Masculine and Feminine energy

It is **useful and necessary** for women to adopt **masculine traits** for a period of time to perform work, or achieve a goal or deadline, however when a woman is in her '**masculine**' for an extended period of time, she will soon become **fatigued** by being out of **alignment** from her '**feminine**' core.

This can cause women to **feel brittle, cold and hard**.

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References: 1 <https://pubmed.ncbi.nlm.nih.gov/8854368/>

2 <https://www.pbs.org/newshour/show/alcohol-related-deaths-among-women-rise-at-a-faster-rate-than-men>

This is the point where many women come to work with me...

Many women tell me that they are **feeling overwhelmed** and **exhausted, anxious** and **stressed**, that they are so fed up with having to **'wear the pants'**, do it all, be it all, get the endless **'to do' list** completed, all while living up to societies expectations of **'perfection'**. Many women explain to me they **feel numb** in their body, or **disconnected** from their body, or have intense pervasive **negative emotions** such as **anger** and **resentment**. Many women feel as though they have forgotten how to be **'feminine'**, or **show vulnerability**.

They feel like they are **inferior** and **not good enough**.

They don't know how to connect in **relationship** anymore.

Life has become stressful, hard, and nothing brings joy.

Where has that fun-loving woman gone? Where is the fun? Where is the joy?

Left too long, these negative states can result in a whole host on **mind and body issues**. These symptoms in a **woman's body** can show up as **tension, pain, headaches, cold** hands and feet, **dryness** in hair and skin, and a whole host of **reproductive issues, intensified menopause symptoms, and lymphatic/glandular weaknesses**.

In her mind these states can be experienced as excessive **worrying, 'monkey' mind, insomnia, anxiety** and **depression, disconnection in relationships, cravings** and unresourceful **habits** and **addictions**.

OF ALL AUSTRALIAN WOMEN WHO CURRENTLY DRINK ALCOHOL, 34% WERE CLASSIFIED AS HAZARDOUS DRINKERS ¹



A new study shows that alcohol related deaths in women are rising faster than men for the first time in history ²

Excessive alcohol consumption is just one symptom of increased stress in women.

Common Fears/ challenges in embodying and expressing feminine energy

- The feeling of being too much
- Thinking/believing that Feminine equals weak
- Not knowing how to be feminine, not knowing what your unique expression looks of feels like.
- Preferring to just “get on with things” or “get stuff done”
- Being uncomfortable with *feeling*
- Thinking along the lines of “I already am feminine”. This is often accompanied by a lack of enquiry about what **embodied feminine actually is**, and largely because in our society there is so little role modelling of healthy feminine.
- Thinking / feeling “I don’t want to be like mum”
- Being told that as a child that you are too sensitive
- Being acknowledged as a child for your accomplishments, and not acknowledged for your being-ness.
- More attention and value given to masculine qualities in our society today, such as rational being valued over intuition, direction valued over expression, clarity valued over feeling.
- Associating feminine energy with only the unhealthy feminine aspects - i.e. hypersensitivity, emotional dumping, chaotic energy, being scattered, gossiping.

Feminine qualities include:

- Vulnerability
- Compassion
- Empathy
- Understanding
- Warmth
- Connection
- Ability to receive
- Openness



Expression is a valuable aspect of our feminine essence, it's about being in touch with who we are and allowing that to be felt and seen by others. Listening to our bodies, feeling the sensations and emotions present, and being able to express through our bodies, sound, and movement is of immense value.

Often for us women there is a deep longing to be seen, and yet we hold back our true expression. As women we will often speak up for others, and yet suppress our feeling about what matter most in our own lives. Finding a way to express is a pathway to feeling more alive, more sensual and more connected.

It's time for a new way to emerge

I'm **Cara Beltrame**....

I'm a registered **Clinical Hypnotherapist & Neuro-linguistic Practitioner**, and founder of **Rest Easy Hypnotherapy**



By working with **me** you can transform and rediscover your **Feminine Essence**. Here's how:

- Unpacking the past and the '**masculine**' programming (and identity) women absorb
- Cultivating a willingness to inspect behaviours and patterns, to be present to the feelings in your body, and to acknowledge what comes up.
- Cultivating a clear and healthy relationship to your feeling, allowing your feelings to run through your body freely, as essential parts of being in feminine energy.
- **Cultivating** vulnerability, magnetism, radiance, nourishment, softness, fierceness, invitation, feeling, expression, receptivity and longing as a woman.
- Creating **safety** for your **feminine core** and gifts.
- Coming into **alignment** within yourself, cultivating this as a 'known' state, and reactivating it anytime you need from your **feminine core**.
- Solutions for **transforming relationships** by developing an ability to invite the men (or masculine people) in your life to 'show up for' and assist the feminine you, and in a way where **men respond positively**.
- **Healing feminine in relationship** so a union can move forward, each fulfilling different roles, giving meaning and depth to love.
- **Learning clear communication** with men, women and children, so you can really be heard, seen and listened to.
- Skilled at '**tuning in**' to your **feminine core**, **responding** into the world through this state, and **shining** your **feminine gifts** into the world.
- **Mindfulness tools and techniques** to assist in daily life as well as **complementary guided hypnosis audios** to cultivate feminine energy, more **ease, flow & pleasure**.

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This is where **Hypnotherapy and NLP** are so effective to help you rediscover your **feminine essence** because much of the healing occurs within the unconscious mind.

In addition to hypnotherapy, during a treatment session I will also show you **tools and techniques** to **reframe unresourceful mindsets and beliefs**. These **positive mindset shifts** change the way you think, what you believe about yourself, and ultimately how you feel, so that can feel confident in all situations, challenges & experiences, while connected with your **feminine core**.

*"We all need that extra bit of assistance and expertise every now and then. Cara supported me on my journey of **rediscovering** my own **self love** and **self worth**, and gave me some **great tools** to remind me of my **innate power**. Thankyou so much, Cara. I **highly recommend Cara** to work with you on your next **self-empowering** journey."*



Monica (March 2020)

"I would recommend Cara to anyone, she is amazing. Cara is so caring & nurturing & so helpful by guiding her clients through all matter of life's challenges with wonderful outcomes. Thanks Cara"



Kate (May 2023)

*"Ever tried hypnotherapy? Cara has helped me to **change my life** from the inside out, and continues to do so. She has helped me **to quit drinking, build confidence and create more ease and flow** within myself. Thanks Cara"*



Sophie (August 2023)

More testimonials can be found at
<https://www.resteasyhypnotherapy.com.au/testimonials>

Treatment Modalities

I utilise **hypnotherapy, NLP and EMDR** techniques to **guide and empower** a people to create ongoing and positive change to **their thinking, actions, relationships and external lives**, so they can **achieve their goals, experience freedom and success**.

Clinical Hypnotherapy is the technique of eliciting a trance state (hypnosis) to bypass the critical, judgmental part of the conscious mind, and then communicating directly to the unconscious mind to provide therapy - improve the **health and wellbeing of both the emotional self and the physical body**

NLP (Neuro-linguistic Programming) is a waking-state, talk-based therapy that empowers a client to utilise tools and resources to change the beliefs and thought patterns required for achieving their goals. It is one of the key principles in Performance Coaching.

EMDR (Eye Movement Desensitisation Reprogramming) is a technique used to alleviate the distress associated with **traumatic memories** by removing the negative emotions (anger, fear, panic, anxiety) associated with the trauma, through the use of bilateral side-to-side eye movements and hand tapping.

Matrix Reimprinting® is technique for working with trauma, phobia, fears and hurts, through a technique that safely connects people with their past traumas and core beliefs, and elegantly enables them to transform these into supportive platforms for their lives. The process includes the meridian tapping therapy **Emotional Freedom Technique (EFT)** in combination with regression work.

Matrix Reimprinting effectively heals the physiological stress, trauma, abuse, relationship patterns, phobias, and various other symptoms including almost every other physiological symptoms.

More information can be found at www.matrixreimprinting.com/what-is-matrix.aspx

OldPain2Go® is an internationally recognised modality enabling sufferers of ongoing **Chronic Pain and Inflammation conditions** to take back control from old, unnecessary lingering pain messages.

A patient needs to be diagnosed by a medical professional who has prescribed or advised pain relief.

From this point I can work with patients to help them access the part of the mind that deals with their own healing processes and to action it to review these pain messages.

It is not a treatment. It is a non-medical intervention of self work.

Client feedback from the **OldPain2Go®** website oldpain2go.com shows that after their first appointment in **OldPain2Go®** modality:

94% of people have a **reduction** in pain perception.

Of those, **77%** have **NO PAIN** perceptible

Testimonials are found at oldpain2go.com

Further information on treatments for various conditions, including testimonials from clients can be found at www.resteasyhypnotherapy.com.au

Registered Associations and Qualifications

- I hold a Diploma In **Clinical Hypnotherapy** and **Neurolinguistic Programming (NLP)** from the Australian College of Clinical Hypnotherapy (ACCH) www.cloverinstitute.com.au
National accredited qualification.



- I am a qualified, registered member of International Organisation **Emotional Freedom Technique (EFT Tapping) Practitioner**
<https://www.matrixreimprinting.com>



- I am a qualified, registered member of International Organisation **Matrix Reimprinting**
<https://www.matrixreimprinting.com>



- I am a Registered member of International Organisation **OldPain2Go®**
oldpain2go.com



- I hold a **Reiki I and II Qualification** from Australia's school with the strongest Reiki lineage **Usui Reiki Centre in Camberwell**, Melbourne <https://www.usuireikicentre.com/>

- I hold a **Master of Sleep Coaching** qualification from **Mindvalley University®**
<https://www.mindvalley.com/sleep>

- I hold a **Level 1 and Level 2 Qualification** in **Cultivating Feminine Energy** by **Tantric Healing Master Practitioner, Martina Hughes** at <https://martinahughes.com/>

- I am a **Registered Member** of both Australia's largest Hypnotherapy Associations which provide item numbers for Private Health Insurance claims (please check with your insurance provider that they cover Hypnotherapy, EMDR, NLP, or CBT)

- 1. **The Australian Hypnotherapy Association (AHA)**

<https://www.ahahypnotherapy.org.au/find-a-practitioner/>

- 2. **The Australian Society of Clinical Hypnotherapist (ASCH)**

<https://www.asch.com.au/find-a-hypnotherapist/>



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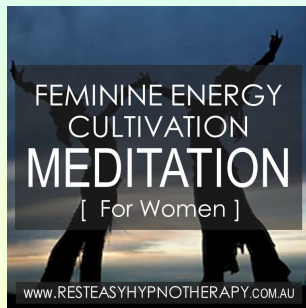
Take home Tools and Audios

All guided hypnosis audios which are for sale on my website are all **free and complementary** for all the people I work with for an unlimited time.

- * *Cultivating Feminine Energy*
- * *Heart Chakra & Breast Meditation*
- * *Shielding from Stress, Anxiety or Worry*
- * *Recentering & Finding Your Alignment*

Enter coupon code **TAKE15** on checkout to receive \$15 off all audios!

<https://www.resteasyhypnotherapy.com.au/shop>



Treatment Plans and Rates

All appointments are 1.5 hours (the first appointment can run over. Please allow for 2 hours).

I offer a full package of **3 sessions** plus all take home tools and complementary guided hypnosis audios to keep you locked into that positive change.

Payment by instalments can be made.

Private Health claims and Tax Deductions

Private health rebates also apply. Please check with your provider.

if you use an **ABN** the **entire cost** can be claimed as a business tax deduction as 'Professional Development'

NDIS Provider Numbers

Therapy can be funded through NDIS Item #: 15_043_0128_1_3

Assessment Recommendation Therapy or Training - Counsellor Hour

3 convenient locations

GEELONG: 88 & 90 Gheringhap Street, **Geelong 3220**

GROVEDALE: @ Geelong Bowen & Remedial Therapies Clinic, 309 Torquay Road, **Grovedale 3216**

TORQUAY SURFCOAST and online via **Zoom**.

*Rediscovering your unique feminine gifts is not
a 'one size fits all' experience.*

*Working with Cara allows you to heal the
root cause of your own personal experience.*

Contact me today, and lets get this process easy for you.
I am happy to answer any questions about how I can help you, to make a
booking or to arrange a phone chat.

Cara

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REST EASY HYPNOTHERAPY

...making change, success & rest easy...

with Cara Beltrame

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asch
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Change.Grow.Succeed.

AHA
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